Spring 2026
Issue #4

Tuned In

Helping You Stay Connected

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More Than Hearing Aids

While many people come to us for practical hearing aid support, our work doesn't stop there. In this edition, we're also shining a light on our Advocacy and Casework Team, who support people with a wide range of issues beyond hearing aids. Turn to page 2 to find out more about how they may be able to help.

New Places, Friendly Faces

Note from Service Manager, Riley

It's been a busy start to the year for CDA Hearing Help, and we're pleased to be sharing some updates about how our service continues to grow across Cambridgeshire. Every week, our drop-in sessions support people with their NHS hearing aids while also offering friendly, welcoming spaces to sit, chat and feel part of the community.

If you haven't visited in a while, this is a gentle reminder that we are always here for you. Whether you need practical help with your hearing aids or simply enjoy a cuppa and conversation, you will be warmly welcomed at any of our sessions.

Bringing Support Closer to You

We're pleased to be opening new Hearing Help drop-ins in **Waterbeach** (from March, quarterly) and **Warboys**. These new locations mean more people can access support closer to home.

Full details and timings can be found on the back page.

Can't get to us?

We understand that travelling to a drop-in is not always easy. There may be other local options that could help, such as community car schemes or nearby support services.

If you are finding it hard to attend a session, please get in touch. We'll do our best to point you in the right direction so you can still access the help you need.

Advocacy & Casework Support

At Cambridgeshire Deaf Association, we know that sometimes life feels complicated, especially when you are dealing with letters, appointments or services that do not understand your hearing needs. Our Advocacy and Casework Team are here to help with those wider issues.

They can support you with things like:

- Understanding letters or forms you have received.
- Help contacting services or professionals.
- Support with NHS issues or complaints.
- Help with benefits, bills or other money worries.
- Making sure your communication needs are understood.
- Speaking up when you feel you are not being listened to.

Communication can be supported through email, text, interpreters or other methods to make sure everyone can understand each other clearly.

Their role is to help you feel more confident and supported when dealing with everyday problems. You do not have to manage everything on your own.

If you think you, or someone you know, might benefit from this kind of help, please get in touch with us and we will point you in the right direction. Contact details on the next page.

Need Help But Not Sure Who to Ask?

If something feels confusing or overwhelming, you can always start by talking to us. We can help you understand what support might be available and who the best service is to contact.

Supported by Cambridgeshire County Council

Lipreading Classes

We have lipreading classes beginning again in Cambridge. These friendly, supportive sessions are beginner-friendly and a great way to build confidence in everyday conversations.

You will be learning alongside a fantastic group of people who understand the challenges of hearing loss, in a relaxed and welcoming environment.

Classes run on Monday and Thursday afternoons.

Interested? Our contact details are on the next page.

Hearing Loss Isn't Just About Volume

One of the most common things we hear at our drop-in sessions is: "I can hear people talking, but I can't understand them."

Hearing loss is often misunderstood. Many people assume it simply means sounds become quieter, but for many individuals it is actually clarity that changes first. Speech may sound muffled, distorted, or less distinct, even when voices seem loud enough.

Background noise, group conversations, unfamiliar voices, or busy environments can make listening feel especially tiring. Words may blur together, and keeping up with conversations can require much more concentration than it once did.

These experiences are incredibly common for people with hearing loss.

You are not imagining it, and you are certainly not alone.

What Can Help?

Although hearing aids cannot restore natural hearing, they can greatly improve clarity and comfort when they are working optimally.

If speech feels unclear or listening feels more effortful than usual, small changes can often make a noticeable difference. Regular maintenance and simple checks can greatly improve sound clarity and comfort. Many common issues are quick and easy to resolve.

Many of the concerns we see at our drop-in sessions are caused by gradual wear and tear rather than device faults.
If something doesn't feel quite right, it is always worth having your hearing aids checked.

Need further support or advice?

Please get in touch:

01223 416141

enquiries@cambsdeaf.org

cambsdeaf.org/hearing-help

Why Maintenance Matters

Hearing aids work hard every day. Gradual changes such as hardened tubing or moisture build-up can reduce clarity without you realising.

Routine maintenance can make a noticeable difference to comfort and sound quality.

Supporting Us

CDA Hearing Help remains free to access thanks to funding, donations, and the continued support of our community.

Donations help us continue providing hearing aid maintenance and support for people living with hearing loss across Cambridgeshire.

If you would like to support our work, donations can be made at any of our drop-in sessions, or online.

Direct debit donation forms are also available at our sessions for those who wish to provide ongoing support.

Hearing Aid Maintenance Centres

NEW

- Warboys - 2nd Tuesday of the month, 2pm - 3:30pm, New Community Centre, High Street, PE28 2TA
- Waterbeach - 4th Thursday Quarterly, 2pm - 4pm, The Beach Social Club, CB25 9NJ
  - 26th March / 25th June / 24th Sept

Monthly

- Alconbury - 3rd Tuesday of the month, 2pm - 3:30pm, Memorial Hall, School Lane, PE28 4EQ
- Bar Hill- 1st Wednesday of the month, 10am - 12noon, Community Church, Viking Way, Bar Hill, CB23 8EH
- Cambourne - 1st Tuesday of the month, 9:45am - 11:45am, Church Centre, Jeavons Lane, CB23 6AF
- Cambridge Meadows - 4th Thursday of the month, 10am - 11:30am, Community Centre, Arbury Rd, CB4 2JL
- Chatteris - 2nd Wednesday of the month, 2pm - 3.30pm, King Edward Community Centre, PE16 6NG (No Aug)
- Cherry Hinton - 1st Thursday of the month, 2pm - 3:30pm, The Hub, High Street, CB1 9HZ
- Ely - 2nd Tuesday of the month, 10am - 12 noon, Library, 6 The Cloisters, Ely, CB7 4ZH
- Fulbourn - 3rd Thursday of the month, 10am - 12 noon, Library, Haggis Gap, CB21 5HD
- Girton - 3rd Wednesday of the month, 2:00pm - 4:00pm, Baptist Church, Cambridge, CB3 0QQ
- Great Shelford - 1st Thursday of the month, 10am - 12 noon, Free Church, Ashen Green, CB22 5EY
- Histon - 2nd Thursday of the month, 2:00pm - 3:30pm, Baptist Church, Station Road, CB24 9LQ
- Huntingdon - 4th Tuesday of the month, 2:00pm - 3:30pm, Barchester - Bayleaf Care Home, PE29 7AF
- Melbourn - 4th Thursday of the month, 1:30pm - 3:30pm, Vicarage Cl. Community Room, SG8 6DY
- Sawston - 3rd Tuesday every month, 10am - 12 noon, Chapelfield Way Community Hall, CB22 3GB
- Sawtry - 2nd Thursday of the month, 10am - 12noon, Old School House, Green End Rd, Sawtry, PE28 5UY
- Soham - 2nd Thursday of the month, 10am - 12noon, Soham Library, 5/7 Clay Street, Soham, CB7 5HJ
- Somersham - 3rd Thursday of the month, 2pm - 3:30pm, Millennium Pavilion, The Trundle, PE28 3JS
- St Ives - 2nd Wednesday of the month, 10am - 12noon, Library, 4 Library Row, Station Road, PE27 5BW
- St Neots - 4th Wednesday of the month, 2pm - 4pm, New Street Baptist Church, PE19 1AE
- Whittlesey - 4th Tuesday of the month, 10am - 11:30am, Library, PE7 1BA

Bi-Monthly

- March - 1st Wednesday, 1:30pm - 3:30pm, St Peters Church Hall, March, PE15 9JR
  - 4th Mar / 6th May / 1st July
- Newnham - 3rd Thursday, 11am - 12:30pm, Red Bull Pub, Barton Road, CB3 9JZ
  - 16th April / 18th June / 20th Aug
- Wisbech - 1st Wednesday, 2pm - 3:30pm, Queen Mary Centre, Queens Rd, PE13 2PE
  - 1st Apr / 3rd June / 5th Aug

Quarterly

- Balsham - 4th Thursday, 10am - 12 noon, Bowls Club, Church Lane, CB21 4DS
  - 23rd April / 23rd July
- Bottisham - 4th Tuesday, 10am - 12noon, Barchester - Hilton Park Care Home, CB25 9BX
  - 28th April / 28th July
- Burwell - 1st Tuesday, 1:30pm - 3pm, Day Centre, Parsonage Close, CB25 0DR
  - 7th April / 7th July
- Cambridge City Centre St Philips - 3rd Wednesday, 10:30am - 12noon, 185 Mill Road, CB1 3AN
  - 20th May / 19th Aug
- Cambridge United - 1st Thursday, 11:30am - 1pm, Abbey Stadium, Cut Throat Lane, CB5 8LN
  - 7th May / 6th Aug
- Gamlingay - 3rd Wednesday, 10am - 12noon, Baptist Church, Stocks Lane, Gamlingay SG19 3JR
  - 18th Mar / 17th June
- Hardwick - 4th Wednesday, 10am - 12noon, St Mary's Church, The Cabin, CB23 7QS
  - 27th May / 26th Aug
- Littleport - 2nd Tuesday, 1:30pm - 3pm, Village Hall, Victoria Street, CB6 1LX
  - 14th April / 14th July